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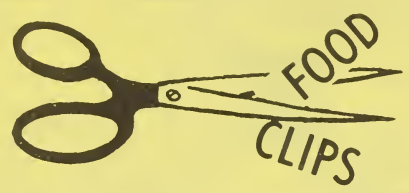
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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Excess fat on the meat? Cut it off — but don't throw it away. It may be heated in the frypan to get fat for browning the meat then discard.

\* \* \*

Did you know that all fruits contain some vitamin C — but in varying amounts? Those rich in vitamin C include oranges, grapefruit, cantaloups, papayas, and strawberries.

\* \* \*

Chicken will brown without the use of fat but the skin will be more crisp if it is brushed with fat before roasting.

\* \* \*

The sirup of liquid used with canned fruit may be used in gelatin salads or desserts without adding too much sweetness, according to USDA home economists.

\* \* \*

If you're counting calories, purchase water-packed fruits or those packed with non-nutritive sweeteners.

\* \* \*

## THE OUTLOOK

### — ON FRUIT

A return to the "basics" in food consumption patterns in the United States reflects increased consumer concern about nutrition and diets, according to a recent report by USDA's Economic Research Service. It is this interest that helps to increase the overall per capita fruit use, too.

In addition to the anticipated increase in demand, the fruit market is also likely to benefit from prospective lower market prices in the first quarter of '76. Large supplies of fresh and processed fruits will influence the general price prospects for the 1975/76 season.

Record crops are indicated for grapefruit, tangerines, Temple oranges, and tangelos. (Orange and lemon production is expected to be smaller.) Non-citrus (apples, pears, grapes and cranberries) fruit tonnage was estimated at 5 percent larger than last year's utilized level. That increase is due mainly to the larger apple crop (commercial apple crop was at a record 7.2 billion pounds) and large grape crops.



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## SERVICE TO THE HANDICAPPED

## —— BUT ABLE HOMEMAKER

Twelve percent of the women who are directly concerned with the operation of a household are known to have some kind of physical handicap. But, how do you deal with handicaps in the home? Can a person with a rheumatoid arthritis or with only one arm — or without sight — or hearing, cope with the tasks of everyday living? How can a person in a wheelchair get through the doorway and up to the kitchen counter in order to prepare a meal...a meal that can easily be prepared if one is able to get close enough to the counters, sinks and cooking surfaces.

"Ability — not disability" is one of the answers given by the Extension agents at the University of Minnesota who are developing information for handicapped homemakers. The key to running a home well is to have an efficient and usable kitchen and laundry area altered to make it possible for the handicapped to work alone — to use the abilities they do have...to live with the disabilities.

Some of the recommendations include building counters and sinks (for most people in wheelchairs) at 29 or 30 inches high. Standard sinks are available with drains in the back — ideal for the space needed for the wheelchair in front. Open shelving and vertical-type files should be measured to be within the homemaker's reach. A "reacher" (a stick with a gripping or magnetic end) may be ordered from many rehabilitation centers and mail catalogues. A magnetic stick can pick up fallen metal objects. Pull-out style boards and bowl holders have been designed for their usefulness to the handicapped.

Many states have reported on special activities directed toward making the handicapped homemaker's life more useful and meaningful for their own independence. A report from some of the states indicate... Kitchen laboratories have been developed at the Universities of Missouri, Colorado and Nebraska to demonstrate special conveniences and techniques that simplify the task of food preparation for physically handicapped people.

## HANDICAPPED — MORE

The Cooperative Extension Service in many other parts of the country has also used its creativity to discover and promote special conveniences for physically handicapped homemakers.

In Florida, a new course, called "Independent Living for the Handicapped", has been initiated at the Florida International University. Educators are offered instructions on helping folks to become independent.

In Arkansas: Special classes have been organized to help handicapped youngsters to learn basic skills for caring for themselves in the home...emphasis is on learning rules of safety in the kitchen and on how to handle knives properly for peeling vegetables and for preparing school lunches.

The University of Alabama— Division of Continuing Education issues a publication, called "On Your Own", with information on practical devices and techniques for the handicapped.

In Arizona: Thirty Extension home economists in 14 counties on six Indian reservations work under a cooperative agreement with the State Section on Rehabilitation for the Blind and Visually Impaired in providing education for blind persons.

In Iowa: Clothing design for handicapped people has been a major project. A manual entitled "Clothing To Fit Your Needs" includes illustrations for altering an existing wardrobe and for making or buying new clothes to accommodate various kinds of physical disability.

More than 25 states have developed programs for handicapped homemakers, according to Ella Mae Berdahl, Program Leader, EFNEP, Extension Service, U.S. Department of Agriculture, Washington, D.C. 20250. Mrs. Berdahl is also a member of the President's Committee on Employment of the Handicapped, Rural Areas Subcommittee.

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